

## Favourite Foods & Meals

List your favourite foods and your favourite meals on this page.

A diagram on a grid background. The grid is composed of 12 horizontal blue lines and 11 vertical blue lines, creating 12 columns and 13 rows of cells. A large triangle is shaded in light blue. It is bounded by a vertical line on the left and a diagonal line on the right. The bottom-left corner of the triangle is filled with orange. The triangle spans approximately 10 columns and 10 rows of the grid cells.

## Categorized Favourite Foods & Meals

Copy the foods and meals from the previous page into the correct category on this page.

Proteins

Fruits & Vegetables

Carbohydrates

Full Meals

“Junk Food”

## Festive Meal Planning: Group Endeavour

Holiday being planned for: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Meal Components

Protein	Vegetables	Carbohydrates	Desserts

Guests—Total People to Feed:

(Include any food allergies or sensitivities)

### Food Assignments

## Festive Meal Planning: Solo Project

Holiday being planned for: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Meal Components

Protein	Vegetables	Carbohydrates	Desserts

Guests—Total People to Feed:

(Include any food allergies or sensitivities)

What meal components can be made ahead of time (will taste good if reheated)?

Which days will I have time to make these dishes?



# Festive Meal Planning: Solo Project—Timing

Holiday being planned for: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Fill out the chart below. Overestimate your prep time but don't include defrosting time—that will need to be done the day before. For the final column, add together your prep time and cook time to get the total time it will take to make the meal component. Then take the meal time and subtract the total time from that. This tells you what time you need to start cooking each part of the meal.



# Festive Meal Planning: Grocery List

Holiday being planned for: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

This chart will help you figure out how much of each ingredient you need in order to make everything for the meal.